

100-MILE MOUNTAIN BIKE RACE, ADVENTURE RACE HEADLINE BEAVER CREEK'S ADVENTURE WEEKEND, JULY 28-31

Beaver Creek, Colo.-April 29, 2005-Adrenaline junkies can get their fix at Beaver Creek's third annual Adventure Weekend, July 28-31, 2005. Amateur and professional athletes can tackle one of the country's most scenic and challenging 100-mile mountain bike races or test their endurance and orienteering skills in an adventure sprint race. New activities include an adventure racing and navigation workshop taught by world adventure racing champions and a six-hour uphill trail running race.

"If you like mixing it up in the outdoors, adventure racing is the hot ticket. First-time and seasoned competitors can learn or fine-tune their navigation skills, then test their skills in a three- to six-hour multi-discipline race," said Mike Kloser, world adventure racing champion and director of activities for Beaver Creek.

A new adventure racing workshop led by Kloser and his Nike/Balance Bar teammates Michael Tobin and Ian Adamson will take place Friday, July 29. First-time and seasoned adventure racers can practice their orienteering skills and race techniques. Sunday's Adventure Sprint races will test the endurance of amateur and professional adventure racers in a three- to six-hour multi-discipline competitions featuring trail running, mountain biking, obstacle-course work and orienteering.

In its seventh year, the Ultra 100 invites amateur and elite mountain bikers to test their skills on a challenging 100-mile or 100-kilometer off-road course. The course begins and ends in Beaver Creek and winds through spectacular Rocky Mountain terrain. The race takes place Saturday, July 30. Individuals and two-person team relays can register at www.mtbrace.com

Saturday's new uphill trail running race will challenge teams and individuals to run or hike 2,100 vertical feet up Beaver Creek's Overlook Trail, then ride the chairlift down with the goal of completing as many loops as possible within six hours.

Climbing wall, slack line and mountain bike competitions, plus a 1K kids' running race and other activities will entertain the younger set.

All events and competitions are open to the public for participation and viewing. The Average White Band will perform a free outdoor concert on Beaver Creek Lawn from 7:30-9 p.m. on Saturday, July 30.

"The best part about the weekend is that there's something for everyone. Spectators and athletes can catch a thrill with hard-core biking, trail running, kids' competitions, great music and more," added Kloser.

For more information on lodging, activities and to register for competitions, visit www.beavercreek.com or call (800) 404-3535.

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